

Young4Life

Your Free E-book 4 Easy Steps To Health.

Step 1 - Detox

Step 3 - Feed

Step 2 - Cleanse

Step 4 - Heal



Preface

Welcome to The Youngevity family of health orientated people, led by Dr Joel Wallach. In his crusade to bring wellness to every family and having them live beyond 120 years in full health, he has created a team to fully support each other to grow together in health, wealth and wisdom and avoid the pitfalls of the 12 Bad Foods, chemicals, and unnecessary medications. The Youngevity protocol works to support a long healthy life, especially as you change the Bad foods that no longer serve you.

Watch the Dr Joel Wallach crusade story - <https://youtu.be/M7C-2xYbZpY>

Thank you for joining with us and ordering your product through www.young1.life.

Dr Wallach's message of health is all about The 90 Day Challenge as it takes 90 days for most of the cellular system to replace itself brand new. By following our guidelines you will notice huge improvements in your life and after the initial 90 day turnaround time then it is vitally important to carry on forever with the 90 essential nutrients in your Healthy Body Start Pak AND continue avoiding The 12 Bad Foods. You cannot ever get the 90 essential nutrients from the mainstream plant and animal meat sources. As Dr Wallach's 50 year research has found, the present day soils are over farmed and under-mineralised. Even Certified Organic foods are not guaranteed to contain the essential minerals. A recent survey in Australia revealed that only 2% of one Certified Organic group of farmers were fully mineralizing their soils.

We like to say that the daily 90 Essential Nutrients are the same price as a big Cappuccino, about \$5 to \$6 per day. Which one - an acidic coffee with zero nutrient, or the 90 For Life pack will give you sustaining daily power, and which one will pick you up and drop you off again within an hour of drinking? Real nutritional supplements give you lasting, sustained ongoing energy and vitality.

So we would encourage you to read through this entire E-book to understand the role that you will play in your transition into a long, healthy, dis-ease free life.

Within a few days your product will arrive on your doorstep and we have attempted here in this E-book to support you as best we can with everything you require to maximise your investment in your nutritional supplement program. In the past we have phoned every new customer to explain product dosages and how to take the product and manage outcomes like the four steps to health. However, as our Youngevity business has now grown so big across the World the time this takes is unsustainable, compared to writing down all the information for you, as we have done here. This E-book was created to provide a duplicatable instruction system for our product customers and our distributor / business builders to use for themselves and in their home based YGY business for their own customers. *(So please forward this valuable resource on to every new customer / distributor that you signup so that they too can begin their Young4Life journey to health.)*

In saying that, we certainly are here for you to discuss any issues that you do not understand about the E-book, the products or any adverse effects that you may experience from taking the products (ie: detoxing and cleansing) as we personally are very aware of the challenges of learning much better ways of doing things by changing how we eat, exercise and take our essential daily nutrition.

So please contact us if there is anything that you require further support with. You can call us here – Sam 0433 566 565 or Michelle 0433 566 567.

This short little E-book has been written to help you on your ongoing journey to ultimate health, BUT at your own speed, in your own time and the way that you personally desire to grow health wise. For us, we both have invested decades of research into our own journey of avoiding ill-health and saving ourselves when symptoms of ill-health came along to remain in optimal levels of good health. We have found over these years that a: Avoiding the 12 Bad Foods. b: Living on the 12 Good Foods. c: Living the life mapped out in these following 12 chapters. d: Then Supplementing with the 90 For Life Healthy Body Pak has always enabled us to overcome any ill-health symptoms and turnaround those negative symptoms back to a reasonable level of homeostasis again. We would both wholly agree together that the sacrifice of giving up (almost) everything unhealthy in our diet and the consequent limitations of ill-health to transition into living on safe foods and achieving good health along with all the freedoms of a healthy life are well worth the effort to achieve a comfortable happy outcome.



A famous quote from the Youngevity founder - Dr Joel Wallach:

“It has been said that I treat people like a dog, but they do get well again.”

This means taking the 90 For Life nutrition and especially avoiding the 12 bad foods.

Sam Percasky & Michelle Graham.

Young4Life Business Group

www.young1.life

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Chapter 1: The Introduction.

Dr Joel Wallach: Life Changing 30 Minutes. <https://youtu.be/cA9YOgsn3Ys>

Thank You for taking this wonderful opportunity to join with us all here within the Youngevity International family, a Health orientated organisation dedicated to spreading Dr Joel Wallach's message on the EASE of turning DIS-EASE around very quickly by eliminating the 12 Bad Foods and supplementing with the 90 For Life essential nutrients based on true, accountable science and thousands of great life-changing testimonies from around the World.

We have outlined some easy steps to prepare you for your transition into ultimate health and if you are willing, over time, to change the foods that you were told were good for you (which are not because of modern chemical-laden farming methods, mineral-deficient soils, and resulting foods that are unable to provide suitable nutrition) - and take the life changing Youngevity Supplements - then you will experience profound improvements.

NOTE: It is vital that the 12 bad foods be avoided totally to achieve maximum results and if you still experience symptoms of: Bloating, Diarrhoea, Nausea, Headaches, Skin rash, Hot Sweats, Cramps, etc - then you can be sure that the Supplements are doing their job of Detoxing and Cleansing your cellular system. Follow the protocol of eliminating The 12 Bad Foods, slow down the Youngevity dosages for a day or two, drink lots of chemical free, pure water and continue some mild exercise every day until detox symptoms subside and leave totally.

Doctor Wallach often recommends beginning The 90 For Life Nutrition program with the Digestion Pak for perhaps up to 90 days because in almost every person living on The 12 Bad Foods diet (particularly Gluten and Lectins), the fragile finger like structures (Villi) that line the intestine and increase the digestion area out to the size of a tennis court will be flattened out and compacted to the area of one car space, and the Gut wall will be inflamed and breached with resulting leaky gut. The breached intestinal wall then allows toxins, bacteria, parasites, worms, fungus, mould, candida, etc into the body from the outside to flow around through the bloodstream and Lymphatic system to invade other areas of body and eventually the brain.

Nearly 20 years ago we assisted a 38 year old lady to heal herself of Epilepsy which she had

experienced from age 11. By changing her diet and supplementing with 90 For Life, eventually over a year or so she removed the Candida from her brain (that travelled through leaky gut into the blood stream into the brain) she was able to stop her body damaging medication and was free of Epilepsy. She was amazed that it could be so simple. Nearly all dis-ease can be turned around by changing how we eat and consuming complete nutrition as found in Dr Wallach's 90 for Life packs certainly is the medicine to bring good change fast.

Youngevity Health begins with the 90 Essential Nutrients. Then specifically targets the seven following Soft tissue and Hard tissue body / brain categories for direct healing.

- 1: Healthy Body Start Pak.** Tangy Tangerine, Osteo-FX, Ultimate EFA Plus Omegas.
- 2: HB Weight Loss Pak.** As above with also: A.S.A.P, As Slim As Possible.
- 3: HB Blood Sugar Pak.** As above with also: Slender FX Sweet Eze.
- 4: HB Bone & Joint Pak.** As above with also: Ultimate Gluco Gel, CM Cream.
- 5: HB Digestion Pak.** As above with also: Ultimate Enzymes, Ultimate Flora FX.
- 6: HB Brain & Heart Pak.** As above with also: Ultimate Selenium.
- 7: HB Athletic Pak.** As above with also: Rebound FX, Gluco Gel.

Using these extra 'secret sauces', you can gain a better quality of life. You can provide your body with the nutrients and supplements it needs to help cells repair, heal and rejuvenate, turning around a variety of health issues that impact the quality of your life.

Underpinning all these 'secret sauces' are Dr Wallach's 90 for Life Essential nutrients. Without this essential nutrition the body does not have the core nutrients it requires to build healthy cells each and every day. Premature aging and shortening of your life expectancy can be the expected outcome. Give your body the nutrition it needs to keep you - Young4Life!

Beyond this foundation nutrition Youngevity has many other products to support you further.

Remember you cannot out-supplement a bad diet!! It would be similar to getting the fire brigade out to put the fire out in your home (body & brain) while continuing to pour fuel on your fire (consume inflammatory foods). Or as Albert Einstein put it: The Definition Of Insanity Is Doing The Same Thing Over And Over And Expecting Different Results. In learning the Youngevity philosophy, the idea of retaining old eating habits and expecting life-change by supplementing with the 90 For Life is a bit like trying to get a river to flow in both directions - at the one time. It cannot happen that way and the two extremes will create chaos between toxic waste stored throughout the body (storing on a daily basis) and the perfect Youngevity nutrition that is trying hard to eliminate the waste and rebuild the body and brain cleaner, stronger and clearer.

Also a great tip from Japanese culture that promotes drinking a big glass of clear chemical free

water, on an empty stomach, first thing upon awakening. The body becomes very acidic digesting the big evening meal until midnight, then cleansing and detoxing throughout the early morning on a daily cycle. So, upon awakening, a glass of crystal clear water assists the body and brain to detox, cleanse, hydrate, and consequently then heal. They attribute the clear healthy skin of Japanese women to this simple little daily health habit. (And maybe also the large amounts of essential Omega oils they eat as well.)

Fasting is also a great way to detox waste and burn stored fat and a little clever trick on a regular daily basis can effectively help you to detox toxic stored waste and burn fat. By having an early dinner, and not eating again for at least 12 to 16 hours later, sets up a pattern of regular fat burning, detoxing, cleansing that leads to good health.

To the degree that you change your diet, will be the degree that your body heals.

Chapter 2:

THE FOUR EASY STEPS TO CRYSTAL CLEAR VITALITY WITH YOUNGevity.

How do you know if your body and brain require supplementing with the 90 For Life? A few clues that are a dead giveaway: memory loss, poor concentration, depression, irritability, insomnia, fatigue, weakness, aches and pains, colds and flus, recurrent infections, allergies, circulatory issues, and just not feeling at your best and being able to do what you used to - And no Doctor or Naturopath can tell you what the problem is. So here are your 4 steps to health.

- Step 1 - Detox.** Symptoms such as diarrhea, headaches, cramps, colds may occur.
- Step 2 - Cleanse.** Become aware of the clarities of consciousness in the brain and body.
- Step 3 - Feed.** Anticipate feelings of completeness and renewed desires to achieve.
- Step 4 - Heal.** The lead weight that has been holding you back- is now gone, you are free.

Step 1- Detox:

Dr Peter Glidden: https://youtu.be/X7t-yi_WhyY

If your cellular system has been running in drought mode for a long time without proper nutrition it will store a percentage (from 3% upwards) of all food as a reaction. When full nutrition comes along, the body will immediately let go of much of this stored toxic waste. In some cases this may be faster than you can cope with and could result in mild to extremely uncomfortable circumstances. It is solely your personal responsibility to yourself and your loved ones to commit daily to study through Doc Wallach's active healthy living protocols to enhance your investment with The Healthy Body Start Pak and your future health outcomes.

NOTE: If this is the first time you have taken Youngevity products, the following may occur – cramps, bloating, nausea, diarrhoea, headaches. We suggest in such cases you stop taking the product for a day or two and drink plenty of clear (chemical / toxin free) water. We suggest then reducing the amount of your dose to 1/4 to 1/2 of the recommended dosage on all products and consume with food, then slowly increase the dosage over the next two weeks to slow down the detox symptoms until you can reach your full dose. Please increase your pure water intake.

These detox symptoms may continue indefinitely until you begin to REALLY eliminate the 12 Bad Foods that have caused the toxicity in the first place and which continue to block digestion and nutrient assimilation to achieve the maximum value from your Youngevity supplement nutrition. The continual consumption of the 12 bad foods can cause the tennis court area of the digestive system to become reduced to the small area of one (highly inflamed) car space.

Step 2- Cleanse:

The cellular system will go through a cleansing process after the initial detoxing period which varies person to person depending on factors like food quality eaten, water quality consumed, chemicals absorbed, exercise levels etc. During this period you may begin to feel lighter, brighter, less brain fog and become more aware of your surroundings, assuming that you are continually reducing the chemicals, sugars, lectins, bad fats and other 12 Bad Foods.

Step 3- Feed:

The transition through detoxing and cleansing will begin to open up and awaken conscious concentration and energy levels over longer periods of time as the Youngevity pure essential nutrition filters through to the entire cellular system. Symptoms of ill-health can also disappear as the body and brain continues to detoxify and then physical strength and endurance can well improve greatly, providing you take the supplements at the correct body weight dosage and transition over to the recommended Good Foods (from the 12 Bad Foods).

Step 4- Heal:

Body, mind and soul greatly respond to the beneficial intensity of pure Youngevity nutrition and by eliminating the 12 Bad foods listed, the whole system may undergo restructuring, rebuilding and general feelings of well-being and completeness prevailing within the 90 day trial period. At this point most folk totally forget how bad they used to feel and the new 'normal' becomes commonplace! It is vital at this point to continue on with free delivery of your 90 essential nutrients using our Autoship programme (see Chapter 11). This will ensure continuity of nutrition, with correct body weight dosages to ensure consistency of your own nutritional supplementation. Also continue to abstain from the 12 bad foods (especially sugar, bad oils / fats, and Lectins) to avoid regressing from your new health gains.

Take the 90 day challenge with the Youngevity Young4Life team with Sam and Michelle. We are here to support you in your journey to achieve whatever it is that you desire for yourself.

Chapter 3:

CORRECT DOSAGES FOR YOUNGevity HEALTHY BODY START PAK.

Healthy Body Start Pak Dosages: <https://youtu.be/2yGs7g5wRyE>

One Healthy Body Start pack per 100lbs (45kgs) body weight.

This is relevant for all variations of the 7 Healthy Body Start packs.

If your budget does not support multiple monthly pack purchases (according to body weight) Doctor Wallach recommends adding on 1 bottle of colloidal plant derived minerals instead of each extra pack. This means a 300lb person may purchase 1 Healthy Start pack + 2 bottles of colloidal plant derived minerals.

Tangy Tangerine. Dosage of 2 scoops per 100lbs (45kg) body weight per day. Tangy Tangerine is the complete body / brain builder to provide strength, endurance and clarity throughout the day. Best consumed by mixing the 2 scoops into at least 500mls of water in a drink bottle and sipped throughout the day up until about 5pm at the latest. This enables delivery of fast acting B vitamins throughout the day for energy. Consuming too close to bedtime may result in feeling wide awake and alert when your body is wanting to sleep.

Osteo FX. Taken just before bed. Osteo FX is there throughout the night to assist in repairing and rebuilding the body and calming the Neurological (nervous) system for a great sleep in preparation for the following day. Osteo FX liquid must be stored in the refrigerator once opened. Osteo FX powder should be mixed into water and consumed quickly. The longer it sits in the water the thicker it will become. Most people prefer the flavor of the liquid Osteo FX. **Although the company dosage sheet that is enclosed with your product does say to take Osteo FX either morning or night, we recommend taking it before bedtime because of the extra bonus of Magnesium and Calcium's calming effect on deeper sleep patterns.**

EFA Plus Omega Essential Fatty Acids. Dosage of 3 per day per 100lbs body weight. (Minimum dose) Omegas feed brain, skin, joints, cardiovascular and assist in removing bad fats. Capsules are packed in nitrogen chambers to eliminate oxidation. (unlike most other Omega oils in the Health store)

All other products give dosage instructions on the product label. Or divide bottle contents numbers by 30 days in the month. ie: 90 capsules or tablets equals 3 taken daily/100lbs body weight.

Any questions on product dosages or product side effects - call Sam 0433 566 565

We are here 9am to 5pm daily to assist you on your journey to ultimate health and wellbeing.

Remember to be patient with your healing journey. It takes time to rebuild the cellular system.

“Let food be the medicine and medicine by the food.” Hippocrates.

Chapter 4:

THE REAL 12 GOOD FOODS THAT BUILD HEALTHY HUMAN LIFE

*Every person that I have ever met and challenged along my 30 year journey of research into a healthier lifestyle have ALL said the same thing- "I eat healthy". And in every case I will uncover, very quickly that the person is certainly NOT. They are eating foods that perhaps were healthy 100 years ago (if grown and prepared correctly) but now they need to change with these corrupted times. Usually many things that they eat and drink are often not grown and prepared safely any longer and also have to travel great distances and are no longer fresh when it arrives. **So are you prepared for change? And is it your time to look at what you eat?***

The 80 / 20 rule is a good benchmark to aim for with diet, insomuch as aiming for 80% of good foods against 20% of Bad foods (But please learn what constitutes a good food and a bad food.) In my experience my body has coped quite well on this rationale over nearly seven decades, but obviously my target is to always aim for 100% pure nutrition.

Eat pure living foods for life and vitality.

THE GOOD FOODS LIST:

- Cruciferous & Leafy greens vegetables. Seek spray free, fresh pick, organic where possible. Eaten raw, these foods are a good source of Alkaline nutrition. Cooking creates acidity and destroys the plant's living enzymes which are designed to help the body digest the food.
- Fruits. Eaten Raw and whole - NOT cooked or juiced. Cooking creates high acid / sugar problems. The fibre in the whole fruit is crucial for slowing the absorption of the fruit's sugar and keeping its glycemic index low. Drinking fruit juice increases the risk of type 2 Diabetes.

- Meat fats- Grass fed- ONLY!! (Higher in good Omega 3's. No lectins, antibiotics, hormones)
Lamb is best. Chicken must be Organic. (Be careful with chicken's bad bacteria issues)
Grain / legume fed creates more omega 6 bad fats. This meat is also fed hormones & antibiotics.
- Fish- Wild Caught - NOT toxic farmed!!! Ocean caught with fins and scales.
- Salt. Celtic sea salt is best.
Up to 2 teaspoons per day taken with food. Salt assists production of the required levels of stomach acid to breakdown your food and ensure harmful bacteria are eliminated.
- Butter. Natural Organic. Dr Wallach says a dollop of butter a day keeps the doctor away.
Butter is one of the best unsaturated fats pre-digested by its natural enzyme process.
.Tubers, ie: Sweet potato, Taro, Kumara, Yams .
They have no starch / sugar problems.
- Rice. White rice cooked in a pressure cooker. (Brown rice is high in lectins)
- Cheese. Sheep and Goat - Only!!
A2, Sheep and Goat milk is the same chemical structure as human milk- (no casein)
- Legumes, Lentils, Chickpeas, Peas. (Soaked through several water changes over 12 hours and well cooked in a pressure cooker to destroy all Lectins)
Soaked overnight. Cooked with Coconut Liquid Aminos, Sea salt, garlic, onion and Bay leaves.
- Tempeh, Natto, Miso. (The only fermented Soya products with low or no lectins)
The natural fermentation that breaks down the normally undigestible Soy protein.
- Coconut and Olive products.

Cold pressed Extra Virgin Organic Coconut oil and fresh pressed Olive oil to replace all other oils. Bear in mind both of these oils will become rancid and carcinogenic from high temperature frying.

* Eggs. Must be Organic free range and preferably find a natural egg farmer that free ranges hens daily and using minimum grains, soya, corn feed, hormone and antibiotic free. Must be GMO free Hen foods. <https://www.thespruceeats.com/whats-cracking-with-organic-eggs-1708923>

The journey from destructive bad foods over to constructive body, mind and soul friendly foods takes some time but well worth the effort for long term healthy living. It can be incredible just how quickly the body can heal itself with Good Foods only and 90 nutritional supplements.

It is a good idea to add Braggs Apple Cider Vinegar (ACV) to a glass of water and drink 15 minutes before a meal to crank up the stomach Hydrochloric acid, before eating and to assist with digestion. Must be ACV with the cloudy 'Mother' in it. <https://www.healthambition.com/apple-cider-vinegar-drink-daily-better-health/>

These natural foods will assist greatly in your recovery in healing your Intestinal walls, leaky gut and also by reducing inflammation throughout your GI tract and Cardio Vascular system as well and over time increase the absorption of healing nutrition massively, giving you continued health and vitality. The GI Intestinal Tract the surface area of a tennis court that runs from the mouth to the Anus which is the outside of our body NOT the inside so this is why it is vital to keep these only-one-cell-thick-walls healthy, intact and inflammation and dis-ease free by keeping the bad stuff out and only allowing the good nutrition in.

The GI Intestinal Tract, continuous from mouth to Anus. <https://goo.gl/images/NgG7uH>

Suggested Lifestyle Choices to avoid all human diseases:

- A- Supplement with the Youngevity 90 Essential Nutrients.
- B- Avoiding The 12 Bad Foods And Only Eating The 12 Good Foods.
- C- Drinking and bathing in pure pH neutral chemical free water.
- D- Regular and constant varied Body and Mind exercise.

The Extreme Importance Of Healthy Clear, Balanced, Stable Drinking And Bathing Water..

<http://www.songhanhphuc.org/drinking-water-on-empty-stomach-immediately-after-waking-up/>

The two best Water Filtration Systems Companies that we personally have used for many years and highly recommend for WaterMark quality standard, the best value prices and great follow-up filter cartridge replacement service.

FSA. Filter Systems Australia. For all domestic and commercial water filtration. To remove the dozens of highly dangerous (over time) chemicals including large amounts of chlorine and

fluoride.

<https://www.mercola.com/downloads/bonus/chlorine/default.htm>

<https://www.mercola.com/article/links/fluoride-links.htm>

And to offset the potential water parasite dangers of rain water storage tanks (which is essentially distilled rain water. WITHOUT balancing minerals) And very often contaminated bore / spring water.

Distilled rain water will literally gut the highly valuable minerals from your bones, teeth and body, so over years to decades leave you suffering from arthritis, osteoarthritis, osteopenia, osteoporosis.

https://www.mercola.com/article/water/distilled_water.htm

www.filtersystemsaustralia.com.au

ALKAWAY. For all alkaline and Hydrogen Enriched, super healthy, anti-inflammatory drinking water.

<https://www.alkaway.com.au/product-category/water/>

<https://www.alkaway.com.au>

Say that Sam (ex owner of Aqua Mountain Water Filtration) from Young4Life Tamborine Mountain recommended them, we have NO financial gain, but they will certainly look after you as a preferred customer.

Chapter 5: The 12 Bad Foods to avoid sickness and disease

How difficult it is to avoid these Bad 'foods' completely when many of us are frequently away from home, travelling or visiting with friends and family that practically live on all these so-called foods that do not support a healthy life, but as we mentioned The 80 / 20 rule and sometimes it just is not possible to get the 12 fresh Good foods so compromises have to be made for convenience and most reasonably healthy people can easily handle smaller amounts of so-called foods that do not support a healthy lifestyle but eaten in large amounts, continually bombarding our cellular system, they are very detrimental to us. People with chronic illness are advised to live completely on the 12 Good Foods and take the Youngevity 90 For Life supplement program to expect a long term healing result.

Dr Joel Wallach Deadly Recipe Lecture - <https://youtu.be/CcT3l8Jqx0o>

Dr Peter Glidden 12 Bad Foods - <https://youtu.be/Jm71w3LzhQE>

1: Sugar (including Alcohol and fizzy drinks, although red wine in small amounts can be beneficial due to the high level of antioxidant polyphenols found in it.)

No- white / raw sugar or fruit juices. It is better to eat fruit whole so that the fibre slows the release of sugar to the body.

2: Grains, Legumes (*Unless cooked in a pressure cooker)

No- wheat, barley, rye, oats, brown rice, beans, peas, lentils, chickpeas, peanuts, cashew nuts.*

3: Soya (only fermented soya)

No- soya / soya milk, Tofu.

4: Nightshades vegetable family

No- potato, tomato, tomatillos, eggplant, peppers, chilli peppers, paprika, pimentos, goji berries, tobacco, cayenne. These foods are high in inflammatory Lectins. However, removing the skins and seeds of some of these foods can greatly reduce the lectin content. (see the Plant Paradox Cookbook)

5: Cow's A1 milk and Cheese (A2 milk is ok)

No cows milk, yoghurt, cheeses, cream (A2 milk products are preferable)

6: Nitrates. (Preservatives and colorings found in meat products and can be carcinogenic)

No- meat nitrate/ nitrite products.

7: Meat- grain, soy, corn fed. (typically contain large amounts of antibiotics and hormones.)

Pork, grain, soy, corn fed beef / chicken. (Grass fed Lamb meat is the most easily digested.)

8: All oils.

No vegetable oils as they are oxidised and cause inflammation in the body and precursor to more deadly diseases. With the exception of Organic Coconut oil and Organic fresh pressed Olive oil. However all oils are destroyed and toxic with high heat frying.

9: Corn is high in Lectins and sugar starch.

No- products made from GMO corn.

10 - Baked potato skins.

When potato skins become crispy, carcinogenic heterocyclic amines are formed.

11: Fried foods.

Heated oils can cause formation of cancer causing acrylamides in the foods being cooked.

12: Carbonated drinks.

No- fizzy, sugar drinks, especially while eating as they dilute stomach acid. Carbonated beverages consumed before or during a meal neutralizes stomach acid, thereby reducing digestion and absorption of nutrients in your food.

Chapter 6: The Lectin content within all foods to watch out for

The Good Foods and Lectin Foods.

The hidden dangers in “Healthy” Foods That Cause Inflammation, Disease and Weight Gain.

The changes have been very noticeable: “My autoimmune disease is gone and I’m 37 pounds lighter in my weight.”—Kelly Clarkson.

Most of us have heard of gluten—a protein found in wheat and all grains that causes massive widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we’ve been missing the root of the problem? A famous retired Cardiovascular Surgeon reveals that gluten is just one variety of very common, and highly toxic, plant-based proteins called lectins. Lectins are found not only in grains like wheat but also in all the “gluten-free” foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators including humans. The simple and daunting fact is, lectins are everywhere. Thankfully, there are simple hacks we easily can employ to avoid them, including:

- Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content.
- Shop for fruit in season. Fruits contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption.
- Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins.
- Cook all legumes, lentils, rice, chickpeas in a pressure cooker to destroy lectins, Soak first for 12 hours changing water three times.

With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, The following guide to Lectin free eating illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way. Plant Lectins can NEVER be avoided completely, but MUST be managed properly, kept in balance for ideal health and wellbeing and understood completely to live correctly. Certain foods like legumes and the Nightshade plant family can be managed very well by pressure cooking them under high temperatures which mostly destroys lectins. Gluten is but ONE lectin out of thousands of lectins, BUT Gluten cannot be destroyed by high temperatures in a pressure cooker so of all the lectins it is advisable to eliminate gluten completely from the daily diet. Legumes, grains and the nightshade plant family contain the highest levels of lectins of all the plants on the Planet and lectins are tiny proteins that trigger inflammation (the precursor to all disease) in the body as the it tries to manage the damaging effects of the plant World's defense system against being eaten.

All plant foods contain lectins and now all grains, corn and legume fed meat has lectins. The whole objective is to reduce lectin consumption as much as possible and totally avoid the worst plants that have extremely high amounts of them. Lectins paralyze and render smaller creatures impotent. They cause medium sized creatures to become very sick, and with larger creatures, lectins slowly break down the intestinal tract with inflammation and break through the (one cell thick) intestinal walls to then tear and rip the cardiovascular walls creating ultimate chronic disease around the body and brain.

Everyone has heard about the relevance of a Gluten free diet, however a LECTIN free diet is rapidly becoming the new buzz phrase amongst natural health oriented foodies and will become the next benchmark for a disease-free long healthy life. But paradoxically, the lectin free food style was around beyond 10,000 years ago when around this time Homo Sapiens began experimenting with different foods, maybe out of evolving necessities like floods, migration, droughts, famines, disease, wars, etc. Over this time Humans have literally shrunk in body and brain size and become riddled with disease that never existed way back then. Also, our life span expectancy has shortened dramatically perhaps by hundreds of years. (According to biblical records.)

Gluten, one of the current main culprits in causing serious inflammation issues, is but only one of thousands of different Lectins which are the plant world's protection against bugs, insects, animals and humans from either eating the plant or devouring their seed. In the case of most fruits, the fruit colours that determine ripeness prompt the plant's predators such as birds, animals, and humans to eat the ripe lectin-free fruit and carry, and poop out a dollop of fertilized (poo) food for the seed to grow well in other locations. (But eat the fruit UNRIPENED and suffer the lectins' poisoning effects.)

As far as we know the awareness of lectin dangers is a fairly recent scientific discovery and Surgeons are transitioning from cutting people (surgery) over to teaching people world-wide how to avoid the dangerous eating practices that caused cardiovascular disease, but also delivering relevant education as to just how we can circumnavigate the pitfalls of maintaining a lectin free diet, which by the way is virtually impossible because lectins are in almost all available foods that humans eat. So the incredible work being done for us all is to show how we can minimize the amount of lectins we consume by avoiding certain popular foods like grains, and also how to destroy nearly all lectins in foods like legumes and Nightshades.

Consequently the goal is to minimize our consumption of lectins, NOT completely eliminate them and in fact small amounts of lectins stimulate the immune system to achieve certain positive results, but any more than small amounts are totally destructive to the intestinal walls, the cardio-vascular walls and consequently the whole body and brain.

The journey to a low lectin diet is a transition that requires patience with self and other significant family members because everyone has their own time to achieve their goals.

Humanity can NEVER get away from eating Lectins. But remember that all the thousands of types of lectins including our favorite-to-hate gluten are toxic poisons the plant world uses against creatures eating them and their seed. So, by managing the amount of lectin intake will determine good health or diseased conditions within. YOU are the rudder on your ship of life and you determine your own outcomes by what you eat. Eat well or suffer the dire consequences of limiting sickness and disease.

The 12 Bad Foods Lectin laden diet triggers drought mode and malnutrition and an overly active immune system that is always fighting toxins, and consequent inflammation. The body realizes that it may not be fed adequately (by the nutrient deficient toxic Lectin laden 12 Bad Foods) for maybe a long time and consequently stores whatever it has been fed previously for the long haul as fat tissue. We have been programmed this way from the Hunter / Gatherer times when food was seasonally grown and hunting depended on weather conditions and food was not always available and could not be stored like we can in today's world. Ideally, we should graze throughout the day and fast during the night for sustained energy throughout the day and detoxing, cleansing throughout the night, but with chemicalized, toxic nutrient and mineral poor so-called foods that do NOT feed us but actually poison us slowly but surely over time, our natural body and brain rhythms are shattered. The pattern of eating highly nutritious foods for energy throughout the day (8 hours) and detoxing and cleansing throughout the night (16 hours) is perfect for a lean, trim energetic, vibrantly healthy lifestyle and a disease free long actively creative life.

“Discipline is a kind of chore that sets me free to fly.” Julie Andrews.

So always work on the four principles of perfect health:

DETOX- and eliminate the 12 Bad Foods from your daily diet.

CLEANSE- away the residual traces of stored toxic waste that slows down healing.

FEED- your cellular system with all the Good Foods and 90 For Life pure Plant based nutrition.

HEAL- mind, body and soul as you eat the 12 Good Foods with life changing results and get mega nutrition from The 90 For Life Plant Based Supplements.

And this is a daily discipline, the first responsibility. The only way back to homeostasis is the discipline of what we eat and how we live..... Youngevity products WILL work for you- IF you are prepared to change the so-called “foods” that are harming you.

THE “YES” LIST OF LECTIN FREE FOODS.

OILS: (Only If fresh pressed) (1/2 a cup full a day.)

- Algae oil
- Olive oil
- Coconut oil
- Macadamia oil
- MCT oil
- Avocado oil
- Perilla oil
- Walnut oil
- Red palm oil
- Rice bran oil
- Sesame oil
- Flavored cod liver oil

SWEETENERS:

- Stevia
- Inulin
- Yacon
- Monk fruit
- Luo han guo
- Erythritol
- Xylitol

NUTS AND SEEDS:

- (1/2 cup/day)
- Macadamia
- Walnuts
- Pecans
- Pistachios
- Pine nuts
- Pecans
- Coconut
- Coconut Cream
- Hazelnuts
- Chestnuts
- Flaxseeds
- Hemp seeds
- Sesame Seeds
- Hemp protein powder
- Psyllium
- Pine nuts
- Brazil nuts

OLIVES.

ALL DARK CHOCOLATE.

VINEGARS. All without added sugars.

HERBS AND SEASONINGS:

- ALL (except chili pepper flakes)
- Miso

Youngevity KETO BARS.

FLOURS:

- Coconut
- Hazel
- Almond
- Sesame
- Chestnut
- Cassava
- Green Banana
- Sweet potato
- Tiger nut
- Grape seed
- Arrowroot

ICE CREAM:

- Coconut
- Milk/Dairy. Pasture fed organic.
- Free frozen dessert low sugar.

FOODLES:

- Cappello's fettuccine
- Pasta Slim
- Shirataki noodles
- Miracle noodles and kanten pasta
- Miracle Rice

DAIRY PRODUCTS:

- A2 pasture fed Organic Milk.
- Sheep or Goat cheese. (Same protein as human milk)
- Coconut organic yogurt.
- Organic pasture fed butter
- Ghee
- Goat brie
- Goat and sheep kefir
- High-fat French / Italian cheeses such as triple-cream brie
- High-fat Switzerland cheese
- Buffalo mozzarella (made from buffalo milk)
- Organic Pasture fed heavy cream
- Organic Pasture fed Fed sour cream
- Organic pasture fed cream cheese (high fat dairy doesn't have casein)

WINE & SPIRITS:

- Champagne.
- (Not with food. Dilutes stomach acid)
- (one 6 oz glass per day)
- Red (one 6 oz glass per day)
- Aged spirits (1 oz. per day)

FISH:

- Any wild caught. With fins and scales.
- NZ Ora King Salmon.
- Canned tuna
- Alaskan halibut
- Shrimp
- Prawns
- Crab
- Lobster
- Scallops
- Calamari / squid
- Oysters
- Mussels
- Sardines
- Anchovies

FRUIT:

- Avocado
- all berries in season, and sparingly

VEGETABLES:

- Cruciferous
- Broccoli
- Brussels sprouts
- Cauliflower
- Bok choy
- Napa cabbage
- Chinese cabbage
- Swiss chard
- Arugula
- Watercress
- Collards

- Kale
- Green and Red cabbage Radicchio
- Raw sauerkraut Kimchi
- Nopales cactus
- Celery
- Onions
- Leeks
- Chives
- Scallions
- Chicory
- Carrots
- Carrot greens
- Artichokes
- Beets
- Radishes
- Daikon radishes
- Jerusalem artichokes
- Hearts of palm Cilantro
- Okra
- Asparagus
- Garlic
- Leafy greens
- Romaine
- Red and green leaf lettuce Kohlrabi
- Mesclun
- Spinach
- Endive
- Dandelion greens
- Butter lettuce

- Fennel
- Escarole
- Mustard greens
- Mizuna
- Parsley
- Basil
- Mint
- Purslane
- Perilla
- Algae
- Seaweed
- Sea vegetables
- Mushrooms

**PASTURED-RAISED
ORGANIC POULTRY:
2-4oz per day
(avoid farm-raised)**

- Chicken
- Turkey
- Ostrich
- Pastured or omega
3 eggs
- (4 yolks daily or 1
egg white)
- Duck
- Goose
- Quail
- Dove Grouse

**RESISTANT STARCHES:
(In moderation)**

- Sourdough Organic
breads.
- Siete brand tortillas
- Bread and bagels
made made with
coconut flour
- Paleo coconut flakes
cereal
- Green plantains
- Green bananas
- Baobab fruit
- Cassava
- Sweet potatoes or
yams
- Rutabaga
- Parsnips
- Yucca
- Celery root
- Glucomannan
- Persimmon
- Jicama
- Taro roots
- Turnips
- Tiger nuts
- Green mango
- Millet Sorghum
- Green papaya

**MEAT:
(Grass fed and grass
finished
4oz per day)**

- Bison
- Wild game
- Venison Boar
- Elk
- Pork
- Lamb
- Beef
- Prosciutto

PLANT BASED MEATS:

- Quorn
- Hemp tofu
- Hilary's root
- Veggie burger
- Tempeh (grain free only)

THE “NO” LIST OF LECTIN BASED FOODS.

REFINED STARCHY FOODS:

- Pasta
- Rice
- Potatoes
- Potatoes chips
- Milk
- Bread
- Tortillas
- Pastry
- Flours made from grains
- Cookies
- Crackers
- Cereal
- Sugar
- Agave
- Splenda
- SweetOne or sunett
NutraSweet
- Sweet n Low
- Diet drinks
- Maltodextrin

VEGETABLES: (Don't eat the babies)

- Tomatoes (unless peeled, deseeded)
- Cucumbers (unless peeled, deseeded)
- Peas
- Sugar snap peas
- Legumes
- Green beans
- Chickpeas
- Soy
- Tofu
- Edamame
- Soy protein
- Textured vegetable
- All beans including sprouts
- All lentils

NUTS AND SEEDS:

- Pumpkin
- Sunflower
- Chia
- Peanuts
- Cashews

FRUITS / VEGGIES:

- All fruits (except in season fruit)
- Ripe Bananas
- Zucchini
- Pumpkins
- Squashes
- Melons
- Eggplants
- Tomatoes (unless peeled, deseeded)
- Bell peppers (unless peeled, deseeded)
- Chilli peppers (unless peeled, deseeded)
- Goji berries

COW'S MILK PRODUCTS: (except A2)

- Containing casein a-1
Yogurt
- Greek yogurt
- Frozen yogurts
- American Cheese
- Ricotta
- Cottage cheese
- Kefir
- Casein protein
powders

GRAIN OR SOYBEANS-FED FISH- SHELLFISH- POULTRY- BEEF-LAMB-PORK:

SPROUTED GRAINS, PSEUDO- GRAINS AND GRASSES:

- Whole grains
- Wheat Einkorn
- Wheat Kamut
- Oats
- Quinoa
- Rye
- Bulgur
- Brown rice
- White rice
- Barley
- Buckwheat
- Kashi
- Spelt
- Corn
- Corn products Cornstarch
- Corn syrup
- Popcorn
- Wheatgrass
- Barley grass

OILS:

- Soy
- Grapeseed
- Corn
- Peanut
- Cottonseed
- Safflower
- Sunflower
- Partially hydrogenated vegetable or canola

Chapter 7: **THREE DIFFERENT MINERAL TYPES**

Dr Joel Wallach speaking about Minerals - https://youtu.be/sME3ka1_Wol

There are 3 ways to get Minerals into our bodies:

METALLIC MINERALS: Derived from ancient sea beds and ground up rocks and soils.

Less than 8% absorbable, i.e.: for every 100 mg taken only 8mg is available for use.

Classed as hydrophobic, not water soluble, hard to dissolve.

Positive electric charge. (Needs to be a negative charge to detox positively charged toxins)

This type of mineral is found in most health food stores.

CHELATED MINERALS: The same metallic mineral wrapped with a protein or amino acid to (unsuccessfully) trick the cells into recognizing a natural protein.

40 to 50% absorbable.

PLANT DERIVED HYDROPHILIC COLLOIDAL MINERALS: Originate from the earth through the root of a plant.

Up to 98% absorbable.

Negative electric charge to draw out and detoxify positively charged toxic waste.

Hydrophilic - easy to dissolve without digestion.

200 to 2,000 times smaller than metallic minerals to fit through cell walls.

These minerals can be as small as .0000001 micron which makes them able to be absorbed readily into the bloodstream.

YOUNGEVITY MINERALS ARE PLANT DERIVED THEREFORE EASIER TO ABSORB.

MINERALS BEFORE VITAMINS: Yes, that's the key: so, if you are lacking vitamins, the body can still use minerals, but without minerals, vitamins are worthless. And please keep this in mind that many minerals require other compatible minerals to be utilized fully in the body / brain.

So, if you believe you get your minerals from a “balanced diet” THINK AGAIN!!

In 1936, US Senate document 264 lamented our foods’ lack of mineral nutrient due to soil depletion. Its far worse now. So, chances are, if you are not supplementing your diet with all 60 known essential minerals, you are one of the 95% of all people deficient in nutritional minerals.

YOU CANNOT MAKE IT TO HEALTH WITHOUT PLANT BASED MINERALS.

Many well-respected scientists, researchers and medical professionals have established a relationship between mineral deficiencies and a wide variety of health conditions which afflict the human body. Additionally, extensive medical research, clinical and hospital studies have confirmed the effectiveness of minerals in working with many of these health conditions.

Minerals control the body’s ability to absorb and use vitamins. Without minerals, vitamins have no purpose and are quickly eliminated from the body. It is a huge waste of money to gobble handfuls of high potency vitamin tablets, without backing them up with the right minerals. It’s like trying to run your car with a full tank of gas, but no oil in the engine. Lacking vitamins, the system can still make use of minerals, but without minerals, vitamins are useless. This discovery is one of the latest and most important revelations by science about human health. Research has shown a direct correlation between mineral deficiencies and illnesses.

For example, diabetes or hypoglycemia involve chromium, zinc and vanadium deficiencies; cancer and heart disease involve selenium, copper and other mineral deficiencies. Most everyone knows that osteoporosis involves a calcium deficiency, but fewer know about the need for magnesium and boron as well.

Baldness and premature graying are also caused by missing minerals.

(You can hear full details on the YouTube video - “Dead Doctors Don’t Lie” by Dr Joel Wallach - <https://www.youtube.com/watch?v=ejUFB424bhM&t=513s>

Life without Minerals - Is Impossible!

Did you know that proteins, enzymes and hormones are all formed from Minerals?

Minerals are the cornerstone of good health, they are in all prevention and recovery programs.

WHAT THE VITAMIN CROWD NEVER TELLS YOU ABOUT THEIR SUPPLEMENTS

When you are taking a vitamin-mineral tablet, you are taking what is called METALLIC MINERALS. You only absorb 8 to 12% of these metallic minerals, the rest passes through you creating a level of toxicity for the body to deal with. If you talk with a chiropractor who x-rays patients, he will tell you that he often sees lining the small intestines whole metallic vitamin and mineral tablets, like little boxcars shunted into a holding yard, but never moving on. Before you can use even the small 8 to 12% of metallic minerals, the WHOLE mineral content must be broken down by your body. That’s asking a lot of the body unless it is already in top shape.

The (so-called) health industry tried to overcome the problem of 'rock' mineral metabolism by developing "chelated" minerals by wrapping amino acids or protein around the (rock) minerals in a vain attempt to improve absorption. This unsuccessful attempt resulted in 48% absorption.

It is so important to keep in mind that metallic minerals (also known as elemental minerals or salts) come from:

- oyster shell
- calcium carbonate
- limestone
- clay
- sea salts

Obviously too much of some of these elements can have toxic effects on your body.

Human beings are not able to efficiently absorb them or to use them. Certain animals are, but we are not. Nevertheless, that's where the minerals in most mineral tablets come from. Be careful to always ask the question; "Are these Minerals Plant Derived Colloidal Minerals?"

70,000,000 - Year Old Gold Mine

Youngevity Minerals are organic plant derived minerals and come from humic shale which is prehistoric plant life in its concentrated form. It was first discovered on a Utah mountain and first mined, processed and sold in 1926.

That was 70 years ago, so we're not talking about some brand new, unproven product. Colloidal minerals are still harvested on that mountain today, from a 70-million-year-old plant based humic shale deposit.

The air was full of oxygen and nitrogen back then, not like today. Some trees grew 25 feet A YEAR! Earth was a nutrient rich environment. Animal life like the Brontosaurus ate lots of minerals back when it was in plant form. And you know how big they got.

"Organic" Plant Based Colloidal Minerals Are The Answer

Millions of years ago, Mother nature yielded a nutritional powerhouse. Prehistoric plant life was packed with one of nature's most amazing nutrients... colloidal minerals taken from plants that had already assimilated inorganic minerals from rocks and soil.

Through a process called photosynthesis, the plants have converted these precious minerals into organic colloids that are up to 2000 times tinier particles than rock based minerals and are easily absorbable by the human body.

Colloids are microscopic-sized electrically charged particles. When absorbed by the body, colloids act like a magnet, helping to pull broken-down cells into the bloodstream to be eliminated. Meanwhile, the body is replenished with nourishing life-enriching minerals.

Plant derived minerals are clearly the BEST way to get your minerals.

Youngevity offers the BEST, PROVEN plant derived colloidal minerals in the world!

Chapter 8: MINERAL DEFICIENCY DISEASES

Dr Joel Wallach. Mineral Deficiencies. <https://youtu.be/cuY4eR7x3mo>

A short list of Diseases caused by Mineral and Nutritional Deficiencies:

- **Acne:** Essential fatty acids, Potassium, vitamin A, Vitamin B-6, Zinc
- **Anaemia:** Iron, Cobalt, Copper, Selenium, Biotin, Folic Acid, Nickel, Vitamin B-6, Vitamin B-12
- **Arthritis:** Calcium, Copper, Boron, Essential Fatty Acid, Germanium, Vitamin B-6
- **Asthma:** Magnesium, Manganese, Zinc, Potassium
- **Brittle Nails:** Calcium, Boron, Iodine, Iron, Zinc
- **Birth Defects:** Folic Acid, Magnesium, Vitamin A, Vitamin B-12, Zinc, Copper
- **Cancer:** Selenium, Germanium, Cesium
- **Cardiovascular Disease:** Calcium, Copper, Vanadium
- **Chronic Fatigue:** Biotin, Chromium, Copper, Iodine, Iron, Niacin, Selenium, B complex
- **Constipation:** Inositol, Iodine, Iron, Para-Amino benzoic Acid, Potassium, Vitamin B-1, & B-12
- **Depression:** Biotin, Boron, Calcium, Chromium, Copper, Iodine, Iron, Lithium, B complex, Zinc
- **Diabetes:** Chromium, Vanadium, Zinc
- **Eczema:** Boron, Calcium, Essential Fatty Acids, Inositol, Niacin, Vitamin B-5, Zinc
- **Edema:** Potassium, Vitamin B-1
- **Goitre: (Low Thyroid):** Iodine, Copper
- **Hair Loss: (Alopecia):** Biotin, Copper, Essential Fatty Acids, Inositol, Iodine, B complex, Zinc
- **Greying Hair:** Copper
- **Hyperactivity:** Calcium, Boron, Chromium, Magnesium, Lithium, Vanadium, Zinc

- **Hypothermia:** Magnesium
- **Impotence:** Zinc, Selenium, Manganese, Calcium, Chromium
- **Infertility:** Chromium, Essential Fatty Acids, Lithium, Manganese, Selenium, Vanadium, Zinc
- **Low Blood Sugar (Hypoglycaemia):** Chromium, Vanadium, Copper, Manganese
- **Memory Loss:** Folic Acid, Niacin, Vitamin B-1, Zinc
- **Muscular Weakness/Dystrophy (also Cystic Fibrosis):** Selenium, Potassium, Iodine, Niacin
- **Nervousness:** Calcium, Boron, Iodine, Magnesium, Potassium, B Complex, Vitamin D
- **Osteoporosis:** Calcium, Boron, Germanium, Vitamin K, Magnesium
- **PMS:** Calcium, Boron, chromium, Zinc, Selenium
- **Receding Gums (Periodontal disease, Gingivitis):** Calcium, Boron
- **Sexual Dysfunction:** Selenium, Zinc, Manganese, Iodine
- **Wrinkles and Sagging (facial aging):** Copper, Sulphur

This is not intended to be an all-inclusive list of the missing vitamins and minerals. There are many other nutrients that are required to help in the absorption and utilization of these vitamins and minerals. It is intended as a reference to the primary missing nutrients only.

Chapter 9: Mineral Basic Facts

(Facts compiled from U.S. Senate Document #264, 1992 Earth Summit Report, and "Dead Doctors Don't Lie" video.)

60 Essential Minerals

- There are at least 90 essential nutrients that your body must have every day to stay healthy and reach maximum longevity.
- At least 60 of these minerals that are thought to be harmful are vital in trace amounts.

People are mineral deficient

- 99% of all people are deficient in some of these essential minerals and a marked deficiency of any one of them will actually result in disease and shortened life span. (No wonder we have the highest priced health care in the world but rank 24th in health and longevity)
- Lacking vitamins, the body can make some use of minerals. But lacking minerals, vitamins are useless.
- Supplementation is the only way
- Plants cannot manufacture minerals as they can some vitamins.
- According to U.S. Senate Document 4264, these minerals are not in our soils and, therefore, cannot be in our foods, so the only way to get them is to supplement.

All minerals are not the same

- Metallic minerals are only 3%-12% absorbable by the body.
- Metallic minerals can be toxic.
- Chelated minerals are only approx. 40% absorbable by the body.
- Many popular name brand vitamin and mineral supplements pass through the body with almost zero absorption.

Plant-derived minerals

- All colloidal minerals are not the same. Plant-derived colloidal minerals are the only type of minerals that our bodies were made to absorb, providing up to 98% absorption.
- Plant-derived minerals are the only types of minerals that are completely safe and non-toxic.
- Plant-derived have a unique molecular structure and any excess minerals are flushed from the body within hours, leaving no toxic buildup whatsoever.
- There is only one known source of the full spectrum of plant-derived minerals and trace minerals in the world.

You can live to be 100!

- There are five groups of people in the world whose average life span is over 100 and their one common thread is plant-derived minerals.
- The genetic potential for all people is 120 to 140 years.
- There are 900 diseases that can be turned around with Plant Based Colloidal minerals
- Avoiding the 12 Bad Foods, eating organic food, and supplementing with Dr Wallach's Youngevity 90 for Life pack is the cornerstone for healthy living.
- Remember - You are what you eat!

Animals — Healthier than humans

- Many of the major diseases that we suffer from have been totally eliminated in the livestock industry with simple inexpensive mineral supplementation.

Chapter 10: Additional Uses for Plant Derived Minerals

Refreshing Healthy Drinks:

1. Add plant derived minerals to all fruit juices
2. In a wine glass add Cheri-Mins to iced water – looks just like a glass of chardonnay!
3. Add plant derived minerals to all vege juices

Anti-bacterial :

4. Gargle for a sore throat
5. Mouth wash — kills bacteria that cause tooth decay
6. Use to kill bacteria on tooth brush

Anti-oxidant:

7. Cheri-Mins on bananas and apples
8. Minerals reduce spoilage on tomatoes

Spray Bottle - oral care:

9. Mouth spray — kills throat bacteria
10. Spray on tongue to kill the bacteria that cause bad breath

Spray Bottle — skin:

11. For a skin toner
12. Closes pores
13. Restores the PH of the skin
14. Improves skin condition
15. Helps remove spots and blemishes
16. Helps reduce scarring on scrapes and cuts
17. Use on scalp — nutrition for your hair
18. On skin – can help reduce acne lesions

Recipes:

19. Use Plant Derived Minerals instead of salt
20. Use as a spray on food you would salt e.g. vegetables
21. Use Cheri-Mins in jelly
22. Use Cheri-Mins in frosting, ice cream

Plants:

23. Use 1-2 tsp. in water for cut flowers and they will last longer
24. Mix 30m1 in 1 litre water for house plants for a greener bloom
25. Mix 15ml in 1 litre water for garden plants
 - a. mould resistant,
 - b. bigger fruits and vegetables
 - c. more resistant to bugs (less pesticides)

Other Uses :

26. Use as an eye wash (mix 1 to 10ml with water)
27. Spray on hemorrhoids
28. Spray in your nose to help relieve hay fever
29. Mix with shampoo
30. Use in drinking water dish for pets
31. Use in kitty litter box to reduce odour.
32. Use in aquarium for turtles and fish (cleaner water and cleaner pets)

Chapter 11: Re-order your products with free freight. Plus Important Resources

The most efficient and economical method to order and continue to re-order Youngevity products is through AUTOSHIP which entitles you to free delivery on your orders. Autoship is a continual automated order you set that triggers either: MONTHLY, 2 MONTHLY, 3 MONTHLY, 4 MONTHLY, 6 MONTHLY, YEARLY. Ask the warehouse staff to set whatever frequency you prefer.

- To get free delivery the autoship order must total \$150 + GST AUD comprised of any products across the whole Youngevity range.
- All preset autoship orders can be changed up to 4 days prior to the autoship date.
- You can call the Youngevity NZ warehouse on 1800 756 467 or email nzsupport@youngevity.com up to 4 days BEFORE the autoship is set for delivery and change the order or update delivery instructions.
- Be sure to update the NZ warehouse with every new updated credit card expiry date, otherwise your autoship delivery will auto cancel until you update new card numbers.
- Discount buys are available on some products by buying bulk packs which are available in 2, 3, 4 or 6 packs

Here is the link for logging into your Back Office to reorder your products freight free on autoship - <https://extranet.securefreedom.com/Youngevity/Login.aspx?dloff=1>

Here is the link to the Manage Your Autoship video - <https://youtu.be/Tmn0S4lZK4k>

When you first purchased you would have received an invoice showing your Customer number, and either you setup your own password if you purchased online; or the warehouse setup a password for you. If the latter, call them on 1800 756 467 to get this information. You will use your Customer number and password to login to your back office.

For expert guidance on health and product recommendations email the company health professional: healthquestions@youngevity.com to assist your health journey. All emails will be answered ASAP. Typically, you will get a response within a day or two.

All product and delivery related enquiries to Youngevity NZ Warehouse: 1800 756 467

“Every man, woman and child needs the 90 Essential Nutrients contained in the Healthy Body Start Pak every single day.” **Dr Joel Wallach**

Note difference in AU & NZ time zones / daylight saving and public holidays. Always keep your Youngevity personal 9 digit ID identification number close by to quote for fast action.

All business-related enquiries to: Sam 0433 566 565 sam@young1.life

All product related enquiries to: Michelle 0433 566 567 info@young1.life

Contact Sam on Facebook messenger: <https://www.facebook.com/sam.percasky.5>

Contact Michelle on Facebook messenger: <https://www.facebook.com/michellegraham58>

Keep up to date with the latest health / wealth news: <https://www.facebook.com/Young4Life2/>

For Health Guidance you can go to:

- 1. healthquestions@youngevity.com** – Email your health challenges, your body weight, and any medications you are taking, to this address and our company health professional will come back to you with product and diet recommendations within 24 – 72 hours generally. If she has a large workload this time might increase.
- 2. You can go onto Dr Glidden’s Live Q&A webinar** and ask your health questions direct to Dr Glidden. Go here - https://glidden.healthcare?share_key=pwp_nnWIE7EL2oqowyWWwSSu then click on SUBSCRIBE then on Pricing in the dropdown menu and choose which short or long term paid access to his private membership area best suits you.
- 3. Purchase Dr Glidden’s Handbook** which has A to Z listing of health challenges and the recommended Youngevity products for each - <https://www.amazon.com/dp/B07BC98HZG>
- 4. Dr. Wallach Daily Radio Shows**

Dead Doctor’s Don’t Lie

Call in # 1-888-379-2552 (2-3pm CST, Monday - Friday) KSCO Radio

Let’s Play Doctor

Call in # 1-877-912-7529 (3-4pm CST, Monday -Friday)

Due to high call-in volume, you should plan to call 15-20 minutes before the show to get in-line to ask your questions. Please be mindful of the time zone (CST in USA).

Chapter 12: The Young4Life Business Group Opportunity

The Young4Life Business Group Opportunity. www.young1.life/opportunity

Dr Joel Wallach discussing Youngevity Business -
<https://www.youtube.com/watch?v=c3y-UyRm1-A>

Download the YoungevityGo2 app on your device:

Apple - <https://itunes.apple.com/au/app/youngevitygo2/id1400533174?mt=8>

Android - <https://play.google.com/store/apps/details?id=com.soundconcepts.youngevity&hl=en>

Within the app there is a whole training library about the products, the company, the business, etc. You can also access your Back Office to monitor your downline activity.

The Young1's at Young4Life Business Group have a business opportunity for every person. If you are interested in either the business of personal good health, or getting your monthly product free, (Sign three people up to a Healthy Body Start Pak each month and order your own HB Pak) or just earning a few extra dollars to help with the monthly budget and also take advantage of certain business related Taxation concessions, or totally getting away from your J.O.B into a full blown self-employed exciting opportunity of a lifetime to work from home or anywhere in the World....

Please call Sam on 0433 566 565 to arrange a phone, Facebook, Skype or one on one meeting because we are here to support you at whatever you want to do with Youngevity International.

Personally, after decades of flogging ourselves working long hours in 20th century style business, often tired and lacking energy, with all the burden and responsibility for development, stock inventory, staff, advertising expenses, etc, and although we always lived a good lifestyle, Michelle and I began searching for a better, more practical style of business model where we could be free to work from anywhere in the World, just doing the one thing that we love to do and without all of these past traditional cumbersome burdens that we really were not very good at doing. Nowadays we only do what we love to do (Find your passion and never work another day) and so long as we have our Smart phones with us, we are free to explore life through our business, without being tied to a desk, office, factory, warehouse, vehicle, location, etc. So if you really love life, adventure, travel, excitement, freedom, solid exponential regular, consistent income that grows every month with a little bit of creative energy, a rewarding monthly full car allowance, free holidays, no mortgages - then maybe you need to have a chat to us now.....

For Business Training you can go to:

<https://www.facebook.com/groups/352532931881556/>

Business Opportunity Webinar:

Wednesday 7pm Qld time - https://zoom.us/meeting/register/26c1c09ca6dcfe5dcde7dc3c8da9331e?_ga=2.147764407.1034119390.1563773632-264021168.1519255659

Product Presentation Webinars (learn more about the 90 for Life Principle and the research behind our products):

Tuesday 7pm Qld time - https://zoom.us/meeting/register/f41efde741460541cde7dc3c8da9331e?_ga=2.101513473.1034119390.1563773632-264021168.1519255659

Saturday 2pm Qld time - https://zoom.us/j/469946692?_ga=2.147764407.1034119390.1563773632-264021168.1519255659

Testimonials

Thank you for all your support and being there just a phone call away if I have a query

I have only been on Youngvity products for six weeks and am amazed of the results so quickly

I now have long nails, usually they are chipped and short

My thrush has cleared up

My digestion is so much better ,also I have lost 2 kilos and it seems to be around the belly area because all my pants are doing up so much easier

My sugar cravings have reduced

All in all I am feeling very healthy and have realised that my previous sugar intake was making me lethargic

Thank you so much for going thru the Youngvity after I had received my first order and helping me sort out a routine for the day

Many thanks

Pat

Aziz- *Before taking the vitamins blood test results showed the thyroid was hyperactive, high calcium in the blood. Heart pounding and arrhythmia was a common occurrence, after 3 weeks of taking the healthy start pack and oceans gold he stopped feeling the heart pounding and arrhythmia, recent blood test showed thyroid is functioning normally, calcium in blood drastically reduced, vitamin D3 levels normal-high range. Also his energy levels elevated. His cardiologist was baffled and asked him what he was doing.*

Camilla- *before taking the vitamins, low energy levels, aches and pains in knees, and joints when going up and down steps, after 3 weeks of taking vitamins healthy start pack with flora and enzymes, energy levels are high and pain has significantly reduced.*

Hiam, 82 yrs of age - *before taking vitamins she had a fall and bones were shattered in hips legs arm, was bed bound for 6 months and on morphine. Since taking the vitamins within the first week no more morphine was needed, by second week no more painkillers were needed, pain reduced significantly, became more mobile and could sit up and move around. Has had 2 scans, first one showed bones beginning to heal, a recent scan showed her bones are fully healed and doctors are baffled, she is very able to walk around and even bend over which she couldn't do. she does physical therapy once a week and she can do the exercises with ease and without pain killers!*

Danny, age 24 (*broke his hip bone in recent GC Marathon, then discovered he has osteopenia. After 4 weeks of being on the Healthy Bone and Joint Pack we received this message:)- Hi Sam and Michelle. I have some great news! Danny had a scan this week and his bones are healing really nicely. They saw calcium around the break and asked what he was taking! He is now able to start some physio and is feeling really happy about the results.*

Connie - *"After taking the Ultimate Daily classic tablets for about two months I was delighted to notice a substantial drop in my blood pressure. It had been creeping up to about 146/90 and came back very quickly to about 120/68."*

Troy - *"My life has changed using Tangy Tangerine twice a day – no more sore knees and I feel more alert during the day. I have also less coffee now – replaced it with Tangy!"*